

## **"The 'Little Whiles' of Life"** **John 16:16-32**

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us." Hebrews 12:1

Meanings of the word "joy" in the Bible:

Bright and shining; Leaping and jumping; Shouting; Running around in circles; Grace.

What can rob you of your joy?

1. Unsatisfied expectations

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want." Philippians 4:12

2. Unresolved conflict

"Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord. See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many." Hebrews 12:14,15

"Then make my joy complete by being like-minded, having the same love, being one in spirit and purpose." Philippians 2:2

3. Unconfessed sin

"Blessed is he whose transgressions are forgiven, whose sins are covered. Blessed is the man whose sin the Lord does not count against him and in whose spirit is no deceit. When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord' and you forgave the guilt of my sin. Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart!" Psalm 32:1-5, 11.

"Cleanse me with hyssop and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice." Psalm 51:7, 8

Principle: Joy is a choice.

"On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews..." John 20:19

Fear makes you defensive, distant and demanding.

"Yet the Lord longs to be gracious to you; he rises to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!" Isaiah 30:18

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." Romans 8:38, 39

What do you do during a little while?

1. Know God's Word for your life

"Why be so gloomy and discouraged? Trust in God. Then I shall praise him for his wondrous help; he will make me smile again." Psalm 43:5

Principle - What we become as we wait (during the little while of life) is at least as important as the thing we are waiting for.

"The light afflictions of this present time are preparing us "an eternal weight of glory." 2 Corinthians 4:17

2. Trust in God to do it.

"I will never leave you nor forsake you." Hebrews 13:5

3. Persevere in that plan.

Principle: God desires to turn your sorrow into joy.